If you feel any discomfort while doing these stretches, stop immediately and check with your doctor or a health professional before starting these exercises.

Medical advice

Stretch and to straighten both arms and left sides. Repeat for 10 seconds. Remember to breathe while you stretch. Keep your shoulder, neck, back, and head straight. Focus on slow, sustained stretches for best results. Stretch before and during your workday. Concentrate on slow, sustained stretching for best results. Stretch during or when your movement throughout the day.

Stretching a great way to improve your health and wellbeing. From your usual tasks, it's important for your health and wellbeing to take regular shorter breaks away from your workstations. Stand for up to 30 minutes. Move around indoors or outdoors. Being well movement and wellbeing.

Regular movement and stretching.

Simple stretches and movement for your health and wellbeing.

- Wrist and Forearm Stretches:
  - Repeat 10 times.
  - Hold for 10 seconds.
  - Repeat 10 times.
  - Hold for 10 seconds.
  - Repeat 10 times.
  - Hold for 10 seconds.
  - Repeat 10 times.
  - Hold for 10 seconds.
  - Repeat 10 times.
  - Hold for 10 seconds.

- Shoulder Flexion:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.

- Side Bends:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.

- Backwards Arching:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.

- Head Tilt:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.

- Neck Stretch:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.

- Shoulder Stretch:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.

- Chest Stretch:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.

- Hip Stretch:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.

- Leg Stretch:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.

- Arm Stretch:
  - Stand tall with feet shoulder width apart.
  - Place the hands on lower back and hips.
  - Place feet flat on the floor.
Try these simple tips and take regular breaks from your work tasks.

1. Take a water break every hour.
2. Always try and work at waist level height.
3. Avoid repetitive bending.
4. Go for a walk at lunchtime.
5. Always carry a load that is comfortable for you. Divide a heavy load up and make more trips if necessary.

Calf Stretch

- Step one foot forward, press toes up on the ground.
- Gently shift body weight forward.
- You should feel the stretch through the calf in the forward leg.
- Hold for 15 seconds then release.
- Repeat opposite side.
- Repeat three times for each side.

Quad Stretch

- In standing position hold onto a stable surface for balance with your left hand.
- Bend your right knee and support the ankle with your right hand.
- Gently pull your heel closer to your buttock until you feel a stretch and hold for 15 seconds.
- Place right foot on the floor.
- Repeat using the left leg.